

What Do I Bring?

For mom:

- Ontario Health Card and other Insurance information
- Antenatal papers
- Medications you take regularly in labelled pharmacy containers (for your health team to review)
- Large sanitary pads (at least 1 package)
- Comfortable clothing for yourself (loungewear, pjs, robe, socks, slippers)
- Breastfeeding supplies: breastfeeding pillow, nursing pads, breastpump
- Personal care items/toiletries (please, fragrance free products only)
- Kleenex
- Extra snacks
- Camera/phone/devices and its charger
- Music or other items for relaxation

Please note that CKHA does not supply the following items: diapers, pads and undergarments

For support person:

- Extra pillows and extra blanket or sleeping bag
- Pjs Personal care items/toiletries (please, fragrance free products only)
- Snacks/drinks

For baby:

- Newborn size diapers, wipes, Vaseline/ diaper cream
- Receiving blankets and warm blanket(s) for going home
- Sleepers, clothing for hospital and going home
- Hats, mittens, socks
- Safety approved infant care seat <http://www.tc.gc.ca/en/services/road/child-car-seat-safety/buying-child-car-seat-booster-seat.html>

Please leave valuables at home. We cannot be responsible for lost, stolen or damaged items.

Infant security tags, baby blankets, hospital scrubs or 'greens', gowns and other linen are hospital property and should not be taken home.

